QAC Self Reflection Form

# Introduction

The ability to perform self-analysis, to look at your flaws and considering how they can be improved, as well as looking at your successes and attempting to replicate them, is a vital skill for anyone, in any walk of life.

As consultants for QAC you need to demonstrate that you understand and champion the core values of QAC. Below is your opportunity to analyse how your performance over the last week has shown you capability in certain areas.

# Rated Questions

**Technical**

How well have you been able to retain technical theory?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

How well would you be able to explain technical theory to a client or colleague?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

How well have you been able to implement the theories in technical practice?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Soft Skills**

How well have you been able to communicate what you are doing with your team members/trainer?

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

How well have you been able to work as part of a team?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

How well would you be able to present the topics?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Attitude**

How well have you been able to apply your own initiative and plan and abide by your personal development?

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| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

How well have you been able to use management your time?

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

How well have you been able to contribution to lectures?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

# SWOT analysis

Make your targets:

* **S**pecific
* **M**easurable
* **A**ttainable
* **R**ealistic
* **T**ime-Bound

|  |
| --- |
| Strengths |
| Learning a great amount of material within a short period of time and trying to adapt to the speed of the course. |
| Weaknesses |
| Time keeping on note taking resulted in not paying my full attention to Chris therefore left me missing some of the key information which hindered my ability in the more difficult tasks. |
| Opportunities |
| Ask more questions when unsure on topics being taught. Manage time well to fit in revision and research hours outside of class. |
| Threats |
| Slower note taking, not communicating to peers and Chris. |

# Trainer Comments

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| *To be completed by the Trainer* |

# Learning Pathway

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| *To be completed by the Trainer* |